

MAY IS **BIKE** MONTH



Please join us as we celebrate **BIKE MONTH!**



May 2,9,16,23,30 PEDAL FOR THE PEOPLE

A fun community bike ride, charity, and social event. Thursdays in May. Levee Park at 5:00 pm.

May 2,9,16,23,30 PEDAL TO THE MARKET

Bike to the Goodview Farmers Market and receive \$2 in Market Bucks! Thursdays 3:00-6:30 pm.

May 4 YMCA CYCLE-A-THON

Indoor cycling/spinning at the Y's first ever group Cycle-A-Thon! All are welcome. 1:30-4:30 pm

May 7,14,21,28 MTN BIKE TIME TRIALS

Test your speed on the single track at Cherry Hill. Meet at Adventure Cycle & Ski. Tuesdays 5:00 pm.

May 8 NATIONAL BIKE TO SCHOOL DAY

Whether walking or biking join your child on their way to school.

May 11 PLAY STREETS

Designed to help re-imagine streets as places for people to play. Bike to the event; demo an e-bike; kids skills course; other fun stuff. 9:00 am

May 11 HILLBILLY GRAVEL GRINDER

Bike tour along scenic Winona County gravel roads. There are 20,40,60,80,and 100 mile tour options. Rollout at 8:00 am.

May 13-19 NATIONAL BIKE TO WORK WEEK

40% of all trips in the U.S. are less than two miles, making bicycling a feasible and fun way to get to work!

May 17 NATIONAL BIKE TO WORK DAY

Make plans to bike to work on your own or as a group.

May 18 TOUR DE WATER

Offers a 5, 10, 15, and 20 mile bike ride options that feature the Winona areas natural and recreational resources.

May 18 POST RIDE SOCIAL

Join us at Island City Brewing Company after the Tour De Water from 2-5 pm.

May 19 FILMS!!

Bike to the East End Rec for an hour of short bike films presented by Frozen River Film Festival. Free / kid-friendly / starts at 3:00 pm

May 21 MAYORS BIKE RIDE

Winona Mayor Mark Peterson will lead a family friendly "slow roll" around Winona. Starts at City Hall 5:00 pm.

May 22 SPEAKER LIN BRUCE

Long distance bike rider will talk about aging and inspire you to achieve your goals. Friendship Center from 1-2 pm.

May 31 BIKE MONTH PARTY

Bike to Island City Brewery to help us wrap up Bike Month in style! Friday, 5:00 - 7:00 pm.

For More Information Visit: www.livewellwinona.org/may-is-bike-month.com

